

## 2017 4-H CORNBREAD COOK-OFF GUIDELINES

Martha White Corn Meal/Lodge Cast Iron 2017 National Cornbread Festival Cornbread Cook-Off seeks original cornbread recipes:

1. Each recipe must include at least one cup of Martha White Corn Meal or one package of Martha White corn meal mix and be cooked in Lodge cast iron.
2. This competition is open to all 4<sup>th</sup> grade 4-H'ers.
3. If selected as top-ten finalist, the 4-H'er must be willing to attend the festival for the cook-off.
4. Entries must be received by March 1, 2017. UT Extension, Martha White and Lodge Manufacturing Company are not responsible for lost, late or misdirected mail.
5. Send entries (recipes) to: Vicki S. Lofty, County Director, 2017 4-H Cornbread Cook-Off, 302 Betsy Pack Drive, Jasper, TN 37347, Phone: 423-942-2656 or complete them on line and email to [vlofty@utk.edu](mailto:vlofty@utk.edu)
6. Clearly label your recipe as 4-H Youth. It must include:
  - a. Your recipe legibly written, printed or typewritten on a sheet of 8 1/2 x 11 inch paper with your name, complete address and phone number.
  - b. Each recipe must include U.S. standard measurements, complete preparation instructions, cooking times and temperatures, number of servings, size of pans and any special utensils or cookware.
7. Ten finalists will be notified on or about April 1, 2017. All finalists must participate in the cook-off in South Pittsburg, TN. April 29, 2017 to be eligible to win a prize. Groceries and kitchen equipment needed by the finalist for recipe preparation at the festival are the responsibility of the finalist. Gas stoves/ovens are provided for use by participants.
8. No mixes other than the corn meal. Judging will be based on creativity as well as flavor, texture, appearance, ease of preparation and appropriate use of products.
9. Prizes:

First Prize: \$500 cash & special gifts from Lodge Cast Iron & Martha White

Teacher and 4-H Agent or Program Assistant of winner each receive \$50.

Second Prize: \$250 cash & special gifts from Lodge Cast Iron & Martha White

Third Prize: \$100 cash & special gifts from Lodge Cast Iron & Martha White

Seven Honorable Mention Prizes: \$50.00 and gifts from Lodge Cast Iron & Martha White. Youth



traveling more than 100 miles to the competition will receive \$100 travel money.

10. All prizes will be awarded April 29, 2017. Contest void where prohibited by law. All federal, state and local laws apply. Contestants agree to be quoted and/or photographed and to use of their names and photographs in any form for publicity, advertising and/or trade purposes by UT Extension, Martha White or Lodge Manufacturing Company. Martha White and Lodge Manufacturing are the owners of the recipe with all accompanying rights and may alter or amend it to meet Martha White or Lodge Manufacturing Company recipe standards.

For more information about the National Cornbread Festival go to [www.nationalcornbread.com](http://www.nationalcornbread.com)

Mail to: Vicki S. Lofty, County Director - 2017 4-H Cornbread Cook-Off  
302 Betsy Pack Drive, Jasper, Tennessee 37347  
**Entry Deadline: March 1, 2017**  
or email to [vlofty@utk.edu](mailto:vlofty@utk.edu)

### ENTRY FORM

#### 2017 4-H CORNBREAD COOK-OFF



Name: \_\_\_\_\_ Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Parent's E-mail: \_\_\_\_\_

County: \_\_\_\_\_ Phone Number: \_\_\_\_\_ 4-H Club: \_\_\_\_\_  
\_\_\_\_\_

Name of your School:

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4-H Agent: \_\_\_\_\_ 4-H Teacher

Leader \_\_\_\_\_

Name of Recipe: \_\_\_\_\_

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Ingredients (in order of use):

Method of preparation:

Cooking Temperature: \_\_\_\_\_ Time: \_\_\_\_\_ Number of Servings: \_\_\_\_\_

Signed: \_\_\_\_\_

I agree to come to South Pittsburg and prepare my entry if I am chosen as one of the 10 finalists